



# **Suicide Prevention Strategies SAMHSA**

**Tribal Justice and Safety  
Technical Assistance Meeting**

**Andrew Hunt**

**Public Health Advisor**

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# **Suicide Prevention Strategies SAMHSA**

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# Solution for Suicide

...There is no single program that will work everywhere.



# Solution

“But one single approach does work everywhere, and that is an approach that restores Native pride and culture and utilizes the existing Native community leadership of elders to teach our young the basic tools of suicide prevention.”

[*Testimony of William E. Martin, Chairman of Alaska State Suicide Prevention Council (May 17, 2006)*]



## On line Resources

- Suicide Prevention Resource Center (SPRC)  
<http://www.sprc.org/>
- National Strategy for Suicide Prevention  
[www.mentalhealth.org/suicideprevention](http://www.mentalhealth.org/suicideprevention)  
<http://www.surgeongeneral.gov/library>
- IHS Community Suicide Prevention Website –  
<http://www.ihs.gov/NonMedicalPrograms/nspn/>



## Personal Resources SAMHSA Special Experts on Suicide Prevention/Intervention

- Cynthia K. Hansen, Ph.D.  
cynthia.hansen@samhsa.hhs.gov  
240-276-1869
- Richard McKeon, Ph.D., M.P.H.  
richard.mckeon@samhsa.hhs.gov  
240-276-1873



## SAMHSA Suicide Prevention Programs

- Campus Suicide Prevention Grants
- Linking Adolescents at Risk to Mental Health Services Grants
- State/Tribal Youth Suicide Prevention and Early Intervention Grants
- National Suicide Prevention Lifeline
- Suicide Prevention Resource Center
- Native Aspirations (contract)



## A Sample of Activities

### Common characteristics

- Public health approach
- Strength based
- Community driven
- Culturally informed
- Proactive



## Gatekeeper Training

- QPR
- ASIST
- SOS
- Yellow Ribbon
- Screening – Teen Screen



## Public Education

- Posters
- TV PSAs
- Print ads
- Radio
- Pamphlets
- Wallet cards



## Interventions

- American Indian Life Skills
- GONA (Gathering of Native Americans)
- Native H.O.P.E. (Helping Our People Endure)
- Crisis Response Teams
- Family Canoe Journey
- Community Readiness Model

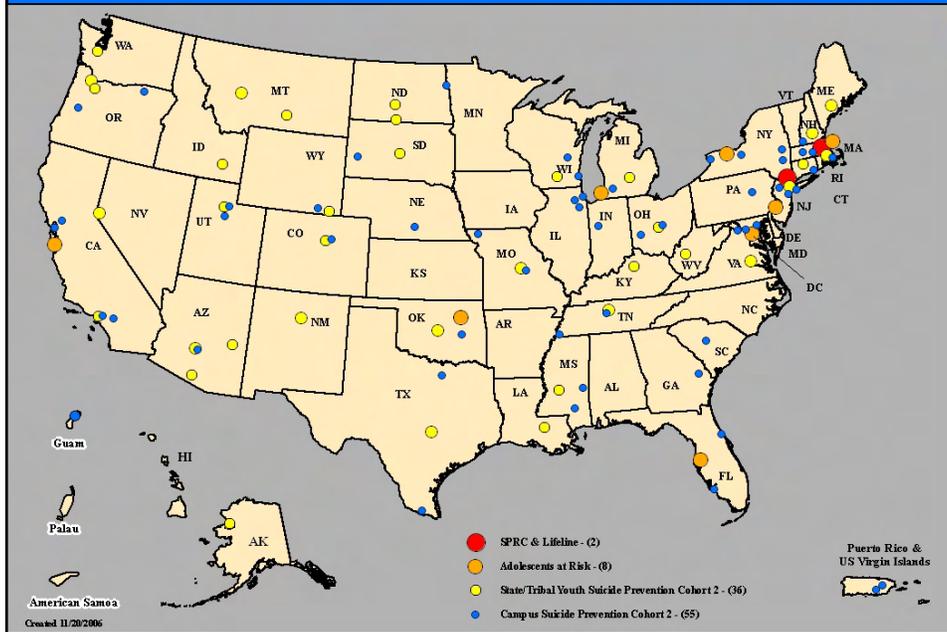


## Interventions (contd)

- North Dakota Adolescent Suicide Prevention Program
- Specialized ER Intervention for Suicidal Adolescent Females
- Mentoring
- Suicide Prevention Camp
- Contests/races/special events



Substance Abuse and Mental Health Services Administration/Center for Mental Health Services  
All Suicide Prevention Grantees



## State/Tribal Suicide Prevention Cooperative Agreements

- 29 states, 7 tribes/tribal organizations
- Implementation of statewide and community suicide prevention strategies for youth
- Goal 4 of the National Strategy for Suicide Prevention “Develop and Implement Community Based Suicide Prevention Programs”
- Guided by a statewide or tribal suicide prevention plan

## Tribal Grantees

- Native American Rehabilitation Association
- Maniilaq Association
- Montana-Wyoming Tribal Leaders Council
- United American Indian Involvement
- Tohono O'odham
- White Mountain Apache/Johns Hopkins
- Standing Rock Sioux Tribe



## State/Tribal Suicide Prevention Cooperative Agreements

- Various types of suicide prevention programs being used
  - Gatekeeper training programs
  - Screening programs
  - Professional training programs
  - Information and awareness



## State/Tribal Suicide Prevention Cooperative Agreements

- Public and private youth serving agencies must be involved
- Settings for suicide prevention efforts can include:
  - Schools and colleges
  - Juvenile justice programs
  - Foster care
  - Mental health or substance abuse programs
  - Health care settings, including Emergency Departments

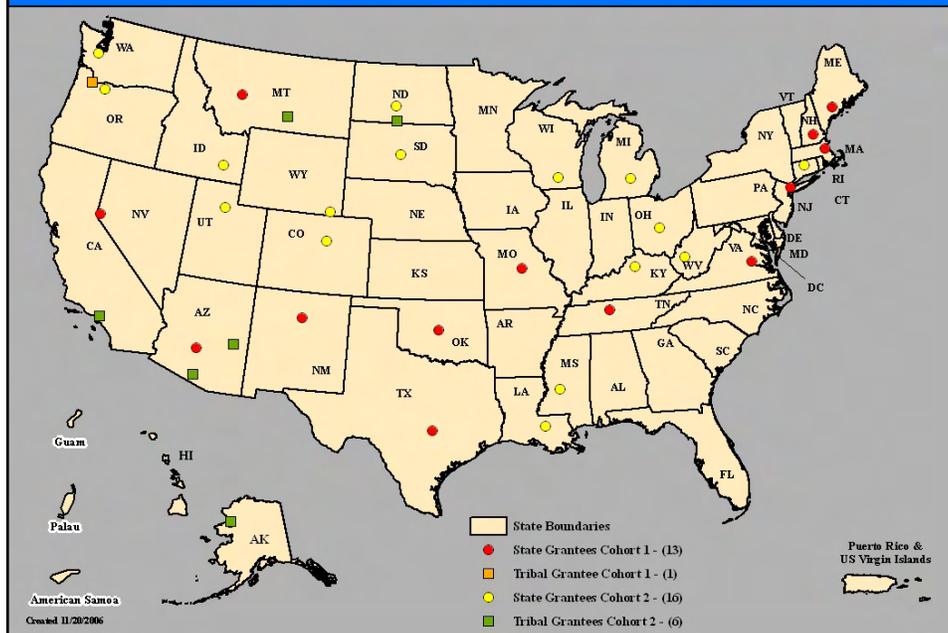


## State/Tribal Cooperative Agreements

- Emphasis on early identification of youth at risk
- Assuring emergency response capacity
- Facilitating cross system referrals
- Local and cross site evaluation



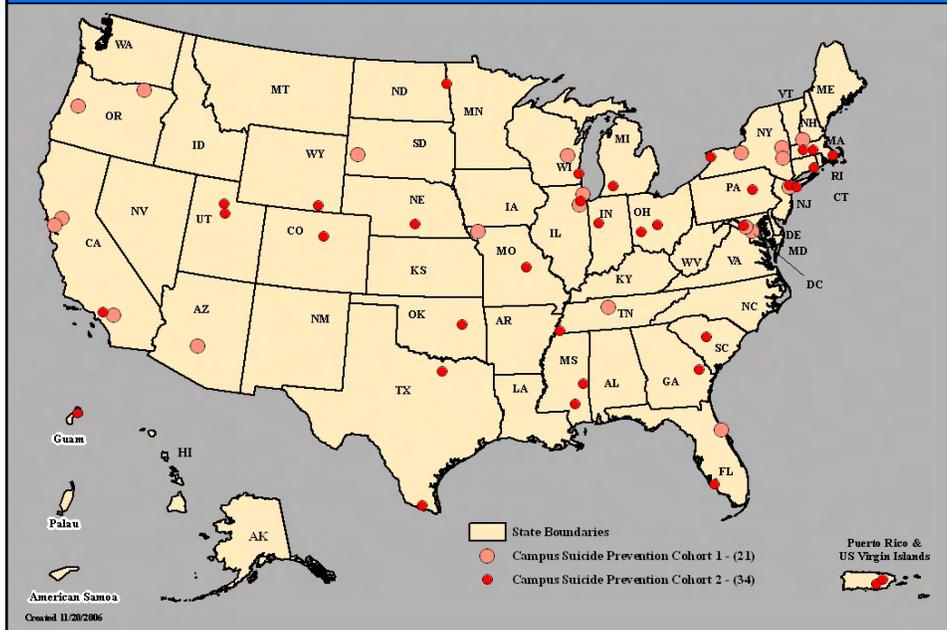
Substance Abuse and Mental Health Services Administration/Center for Mental Health Services  
State/Tribal Youth Suicide Prevention Grantees (December 2006)



## Campus Suicide Prevention Cooperative Agreements

- Currently 55 grantees
  - No Tribal Colleges, Universities or schools
- Focus on awareness of warning signs
- Gatekeeper and professional training
- A campus is a community that can promote suicide prevention
- Cross site evaluation

Substance Abuse and Mental Health Services Administration/Center for Mental Health Services  
Campus Suicide Prevention Grantees (December 2006)



## Adolescents at Risk Cooperative Agreements

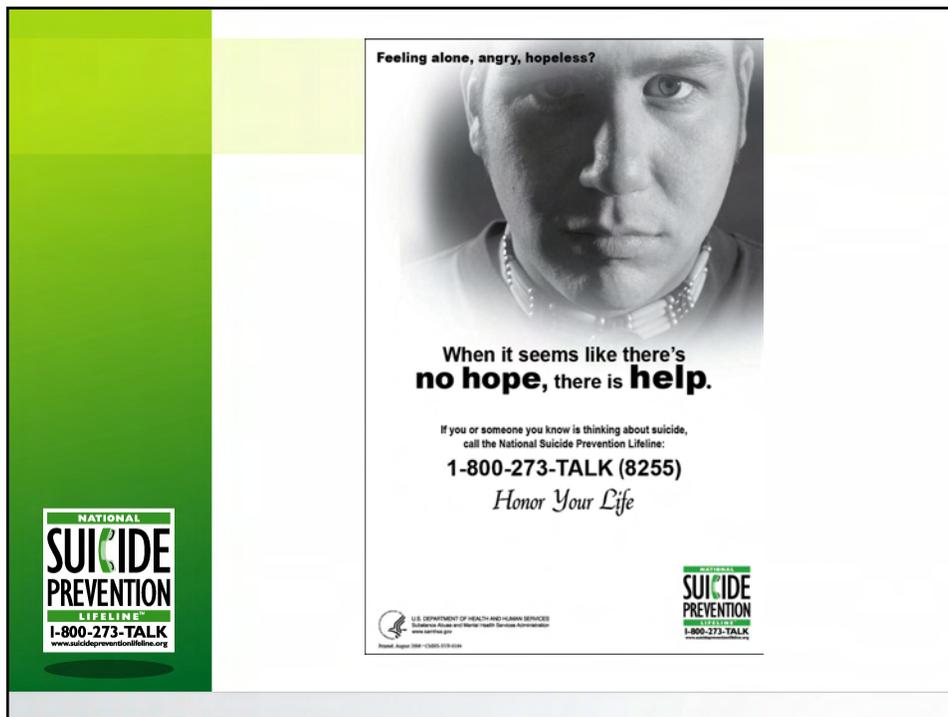
- 8 grantees
- Focus on school based suicide prevention programs
- Purpose is to evaluate whether youth at risk can be identified, families engaged, and youth linked to services
- Not funded in President's FY08

Substance Abuse and Mental Health Services Administration/Center for Mental Health Services  
Linking Adolescents at Risk Grantees (December 2006)



## National Suicide Prevention Lifeline

- National toll free number 1-800-273-TALK
- Calls routed automatically to the closest of 120 networked crisis centers
- Spanish speaking sub-network
- Partners with NASMHPD
- On-going evaluation effort (Rutgers and Columbia)



Feeling alone, angry, hopeless?

When it seems like there's **no hope**, there is **help**.

If you or someone you know is thinking about suicide, call the National Suicide Prevention Lifeline:

**1-800-273-TALK (8255)**

*Honor Your Life*

**NATIONAL SUICIDE PREVENTION LIFELINE**  
1-800-273-TALK  
www.suicidepreventionlifeline.org

**SUICIDE PREVENTION LIFELINE**  
1-800-273-TALK

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
www.samhsa.gov  
Revised August 2009 • (2009) 519-0104

## Role Of Hotlines In AI/AN Suicide Prevention

- 24-7 Access to areas with few resources
- No cost
- Anonymity reduces stigma of help-seeking
- Link to Emergency Services for persons less willing to call 911
- Anchor for all public mental health promotions efforts



**NATIONAL SUICIDE PREVENTION LIFELINE**  
1-800-273-TALK  
www.suicidepreventionlifeline.org

## Challenges Faced By Hotlines Serving Indian Country

- Phone service lacking
- Few resources on Reservation
- Lack of infrastructure and \$\$ to start hotline
- Cultural challenges
  - On Reservation service: confidentiality
  - Off Reservation service: unfamiliarity with culture



## Collaboration Begun to Implement Native American Initiative

### Seven pilot sites:

- Continue Standing Rock collaboration (N.D./S.D.)
- New partnership with Montana-Wyoming Tribal Leaders Council (3 of 6 TLC communities are pilot sites of the initiative)
- Relationships being developed with 2 S.D. reservations and Red Lake, Minn.

### Crisis Centers:

- Crisis Connection, MN
- HELP!Line Center, SD
- FirstLink, ND
- Helpline, ND
- Voices of Hope, MT
- Wyoming Behavioral Institute, WY



## Contact Information

### National Contact:

Heather Stokes, LCSW  
Director, Certification and Training  
National Suicide Prevention Lifeline  
(212)614-5703

[hstokes@mhaofnyc.org](mailto:hstokes@mhaofnyc.org)

### Regional Contact:

Franklin Cook, MA  
Community Liaison-Native American Initiative  
National Suicide Prevention Lifeline  
(605)209-0292

[franklin@unifiedcommunities.com](mailto:franklin@unifiedcommunities.com)



## Suicide Prevention Resource Center

- National resource center for suicide prevention
- Provides technical assistance to all of our Garrett Lee Smith grantees
- Facilitated the development of statewide suicide prevention plans across the country
- Develops and disseminates resources



## Suicide Prevention Resource Center

- Prevention Specialist for Tribal grantees
- PIRE data sheets
- “After an Attempt” brochures
- Assessing and Managing Suicide Risk curriculum
- Strategic planning for Suicide Prevention
- First responder curriculum
- College suicide prevention white paper

The Native Aspirations logo features a stylized human figure with arms raised, set against a circular background. Below the figure, the text reads "A Life in the Community for Everyone" in a serif font, followed by "NATIVE ASPIRATIONS" in a large, bold, sans-serif font. At the bottom, it says "Our children are the songs of our future." in a smaller font.

**NATIVE ASPIRATIONS**  
Our children are the songs of our future.

The Kauffman & Associates, Inc. logo features the letters "K&A" in a stylized font, with "ASSOCIATES, INC." below it.

**K&A**  
KAUFFMAN  
&  
ASSOCIATES, INC.



## Communities we serve?

**1. Ft. Peck Indian Reservation, MT**  
Fly from Spokane, WA to Salt Lake City, UT  
Fly from Salt Lake City, UT to Billings, MT  
Drive 400 Miles to Poplar, MT

**2. Wind River Reservation, WY**  
Fly from Spokane, WA to Denver, CO  
Fly from Denver, CO to Riverton, WY  
Drive 45 Miles to Lander, WY

**3. Ft. Belknap Indian Reservation, MT**  
Fly from Spokane, WA to Great Falls, MT  
Drive 2 ½ hours to Ft. Belknap

**4. Cheyenne River Reservation, SD**  
Fly from Spokane, WA to Salt Lake City, UT  
Fly from Salt Lake City, UT to Pierre, SD  
Drive 120 miles to Reservation

**5. Native Village of Savoonga, AK**  
Fly from Spokane, WA to Seattle, WA  
Fly from Seattle, WA to Fairbanks, AK  
Fly from Fairbanks, AK to Nome, AK  
Fly to Nome, AK to Savoonga, AK

**6. Pine Ridge Indian Reservation, SD**  
Fly from Spokane, WA to Denver, CO  
Fly from Denver, CO to Rapid City, SD  
Drive 2 ½ hours to Reservation

**7. Crow Creek Reservation, SD**  
Fly from Spokane, WA to Denver, CO  
Fly from Denver, CO to Pierre, SD  
Drive 1 Hr to Crow Creek

**8. Noorvik Native Community, AK**  
Fly from Spokane, WA to Seattle, WA  
Fly from Seattle, WA to Anchorage, AK  
Fly from Anchorage, AK to Kotzebue, AK  
Fly from Kotzebue, AK to Noorvik, AK

**9. Native Village of Alakanuk, AK**  
Fly from Spokane, WA to Seattle, WA  
Fly from Seattle, WA to Anchorage, AK  
Fly from Anchorage, AK to Emmonak, AK  
Fly from Emmonak, AK to Alakanuk, AK

**1. Northern Cheyenne, MT**  
Fly from Spokane, WA to Salt Lake City, UT  
Fly from Salt Lake City, UT to Billings, MT  
Drive 3 hours to Reservation

**2. Crow Tribe, MT**  
Fly from Spokane, WA to Salt Lake City, UT  
Fly from Salt Lake City, UT to Billings, MT  
Drive 45 minutes to Reservation

**3. Turtle Mountain Chippewa Tribe, ND**  
Fly from Spokane, WA to Denver, CO  
Fly from Denver, CO to Bismark, ND  
Drive 5 hours to Reservation

**4. Huslia Tribe, AK**  
Fly from Spokane, WA to Seattle, WA  
Fly from Seattle, WA to Fairbanks, AK  
Fly from Fairbanks, AK to Huslia, AK

**5. Angoon Community Association, AK**  
Fly from Spokane, WA to Seattle, WA  
Fly from Seattle, WA to Juneau, AK  
Fly from Juneau, AK to Sitka, AK  
Fly from Sitka, AK to Angoon, AK

**6. Rosebud Sioux Tribe, SD**  
Fly from Spokane, WA to Denver, CO  
Fly from Denver, CO to Sioux Falls, SD  
Drive 180 miles to Reservation

**NATIVE ASPIRATIONS**

## What we have learned?

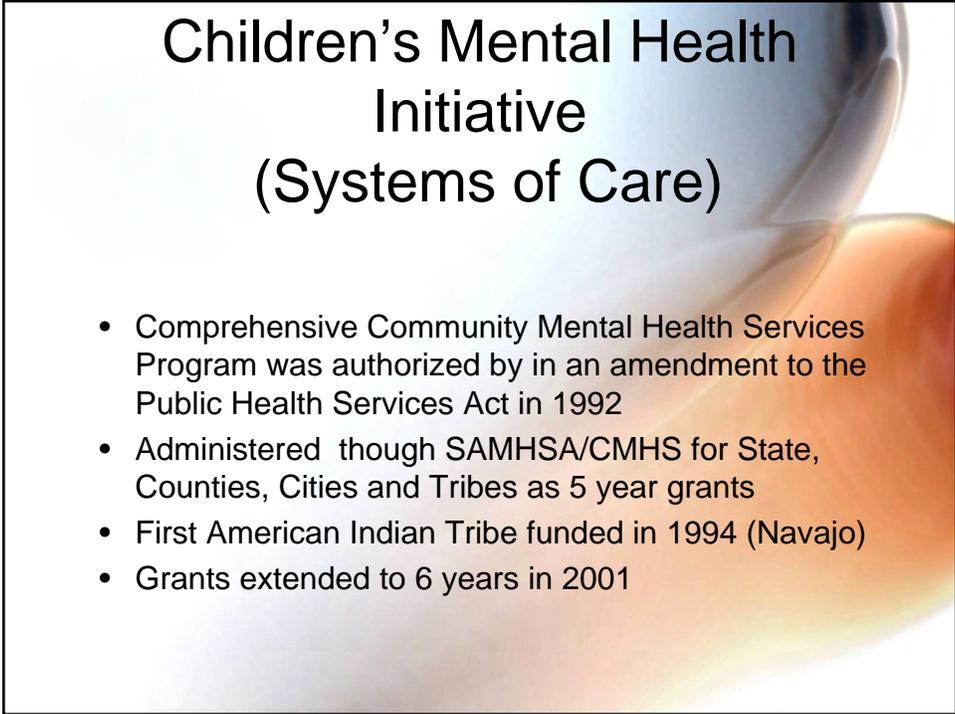
### Grassroots approach and community ownership

- Culturally tailored and community specific - actively elicits community input and engagement in all aspects of the community planning and project implementation process.
- Grassroots focus involves a strengths-based approach to identify protective factors, in order to reduce risk factors in the communities.
- Community buy-in and ownership is essential. An important aspect to this involves trust-building as well as the establishment of long-term, sustainable efforts.
  - An example of community buy-in is at the GONA Event held at the Wind River Indian Reservation (January 2007). The tribal council chairman in attendance had planned to only attend the first 2 days of the event but returned on Days 3 and 4 and stated, "I just turned my cell phone off, I had 15 calls already this morning, but this is important work and it's good that I am here."



## Future Funding Opportunities for Children's Mental Health

- Watch the SAMHSA website for different funding opportunities [www.samhsa.gov/grants](http://www.samhsa.gov/grants)
- Child Mental Health Initiative (Systems of Care) Cooperative Agreements are expected to be announced in late 2007 or early 2008 for FY08
- Circles of Care is a discretionary grant program that needs administrative and budget approval to continue beyond the current cohort that ends Oct 08. It was not included in the President's FY08 budget, so there will be no new grants.



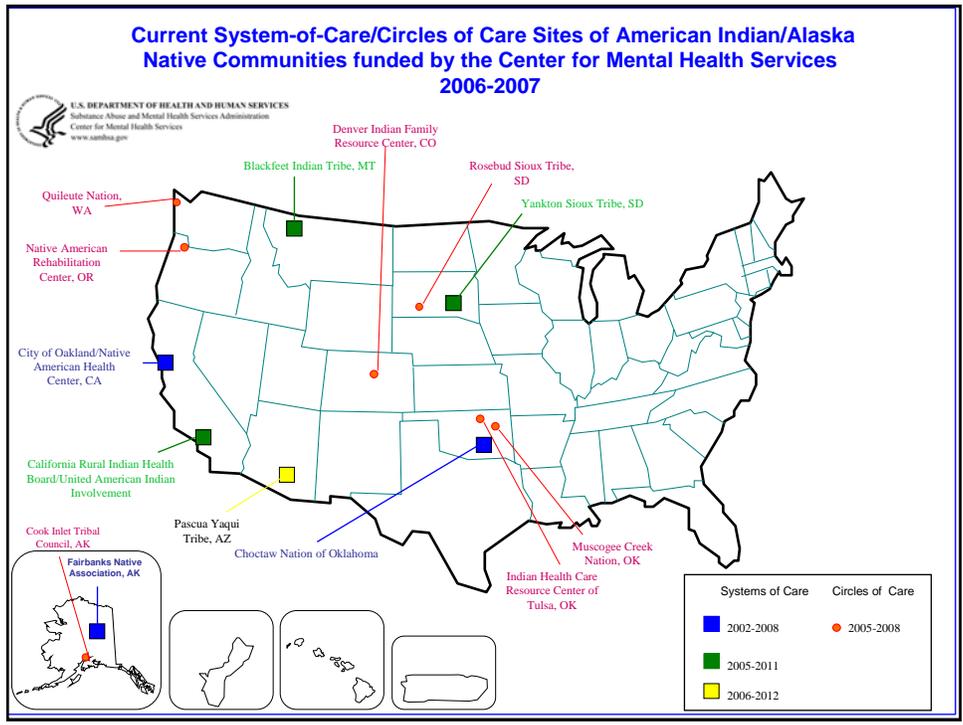
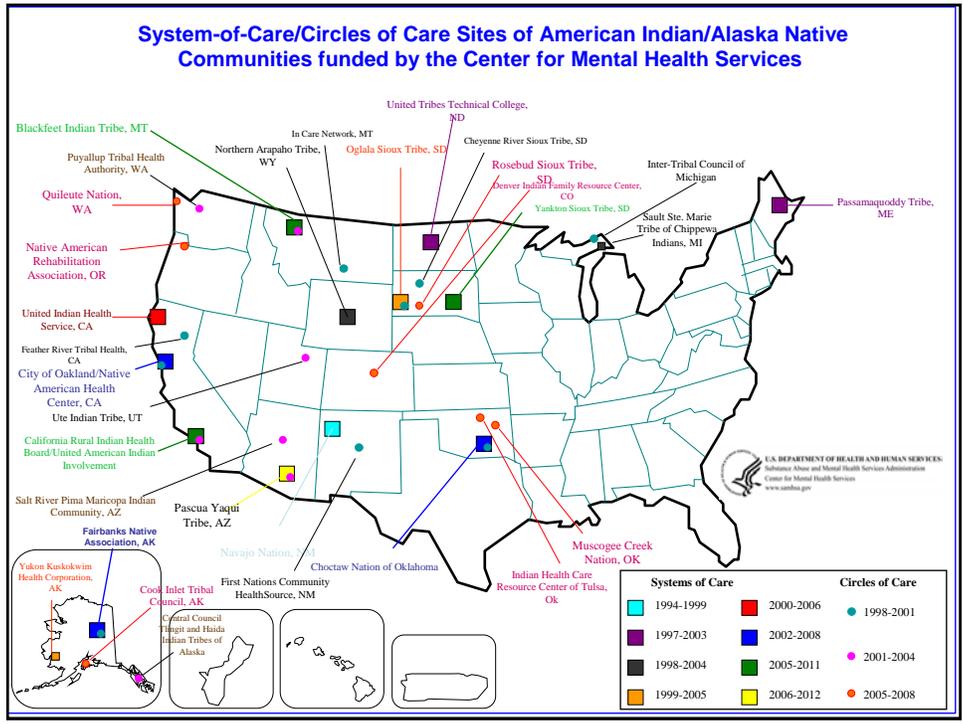
## Children's Mental Health Initiative (Systems of Care)

- Comprehensive Community Mental Health Services Program was authorized by in an amendment to the Public Health Services Act in 1992
- Administered though SAMHSA/CMHS for State, Counties, Cities and Tribes as 5 year grants
- First American Indian Tribe funded in 1994 (Navajo)
- Grants extended to 6 years in 2001



## Children's Mental Health Initiative (Systems of Care) – Cont.

- US Territories are eligible to apply as of 2003 when grants became “cooperative agreements”
- **Goal:** Plan, design and implement a children's mental health service delivery system utilizing system of care principles
- **Target population:** Children with Severe Emotional Disturbance and their families



## Circles of Care III Grantees (2005-2008 Projects)

- Denver Indian Family Resource Center - CO
- Native American Rehabilitation Association – OR
- Muscogee (Creek) Nation – OK
- Rosebud Sioux Tribe/Sinte Gleska University – SD
- Quillieute Tribe – WA
- Cook Inlet Tribal Council - AK
- Indian Healthcare Resource Center of Tulsa - OK

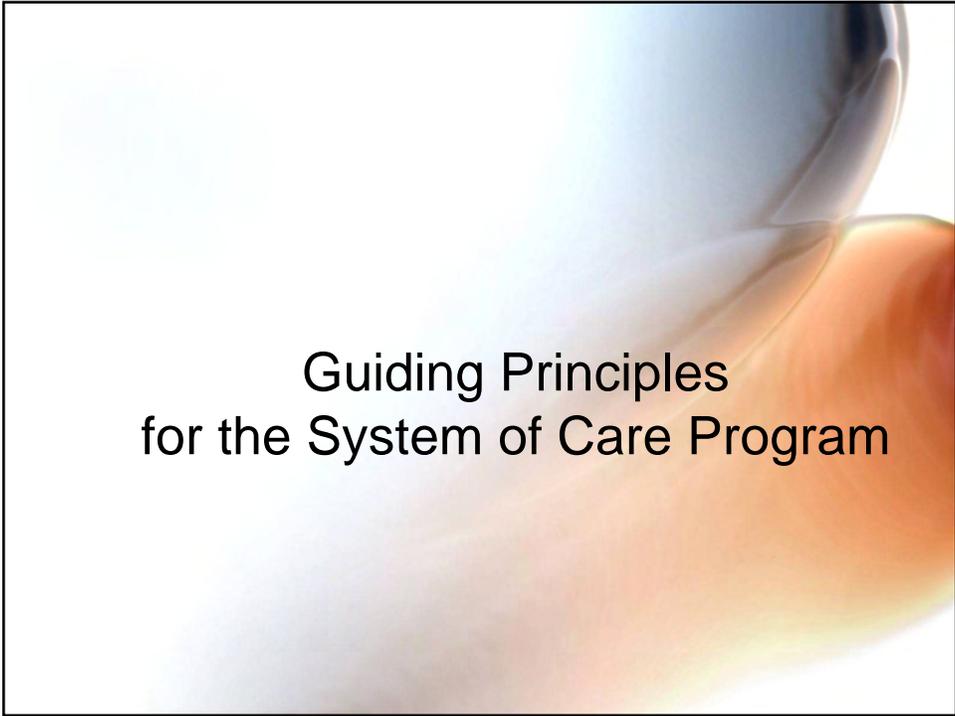
## AI/AN CMHS Systems of Care Sites (6 Year Service Delivery Grants)

- Navajo Nation – NM (1994-1999)
- Passamaquoddy Tribe – ME (1997-2003)
- United Tribes Technical College/Sacred Child Project – ND (1997-2003)
- Saulte Ste. Marie Chippewa Tribe – MI (1998-2004)
- Northern Arapaho Tribe – WY (1998-2004)
- Oglala Sioux Tribe – SD (1999-2005)
- Yukon Kuskokwim Health Corp. – AK (1999-2005)
- United Indian Health Services – CA (2000-2006)



## AI/AN CMHS Systems of Care Sites (6 Year Cooperative Agreements)

- Fairbanks Native Association – AK (2002-2008)
- Choctaw Nation – OK (2002-2008)
- City of Oakland/Urban Trails Project – CA (2002-2008)
- Yankton Sioux Tribe (2005-2011)
- Blackfeet Tribe (2005-2011)
- California Rural Indian Health Board/United American Indian Involvement, L.A. – CA (2005-2011)
- Pascua Yaqui Tribe – AZ (2006-2012)



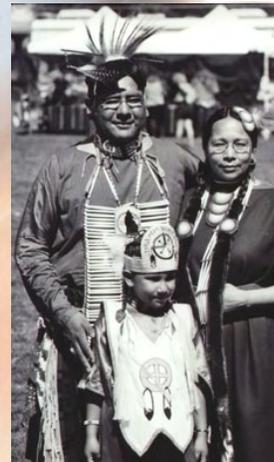
## Guiding Principles for the System of Care Program

## Teachings of the Seven Grandfathers (Anishinabe)

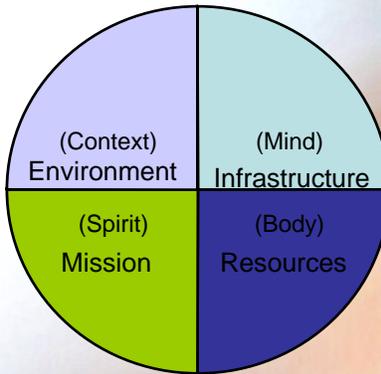
- **Wisdom:** To cherish knowledge is to know wisdom. Wisdom is given by the Creator to be used for the good of the people
- **Love:** Love must be unconditional. When people are weak they need love the most
- **Respect:** Have respect for all that is. All of creation should be treated with respect. You must give respect if you wish to be respected
- **Bravery:** To face a foe with integrity. To do what's right even when the consequences are unpleasant.
- **Honesty:** Always be honest in word and action. Be honest first with yourself, and you will more easily be able to be honest with others
- **Humility:** You are equal to others, but you are not better.
- **Truth:** Speak the truth. Do not deceive yourself or others.

## System of Care Principles

- Family Driven
- Youth Guided
- Culturally Competent
- Community Based
- Accessible
- Individualized
- Least Restrictive
- Accountable
- Interagency
- Coordinated & Collaborative

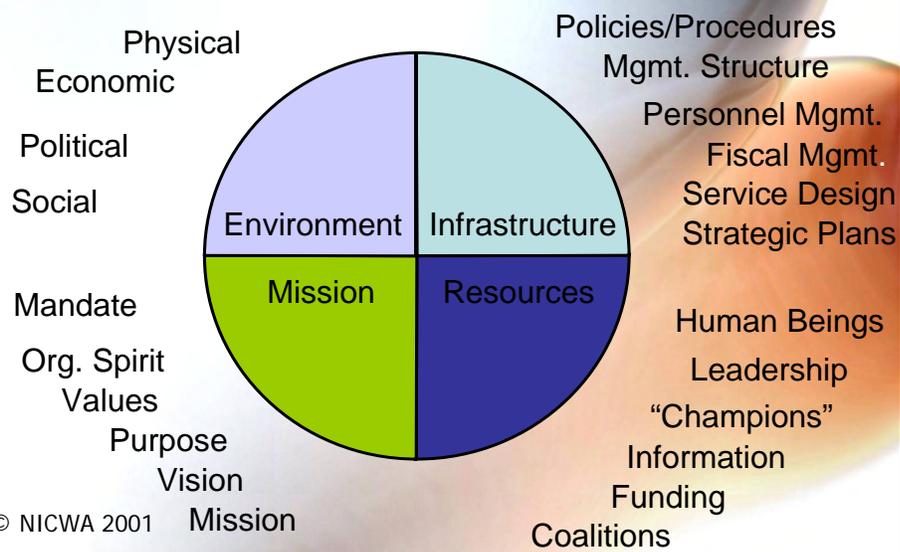


# Relational Worldview Organization and Community Level

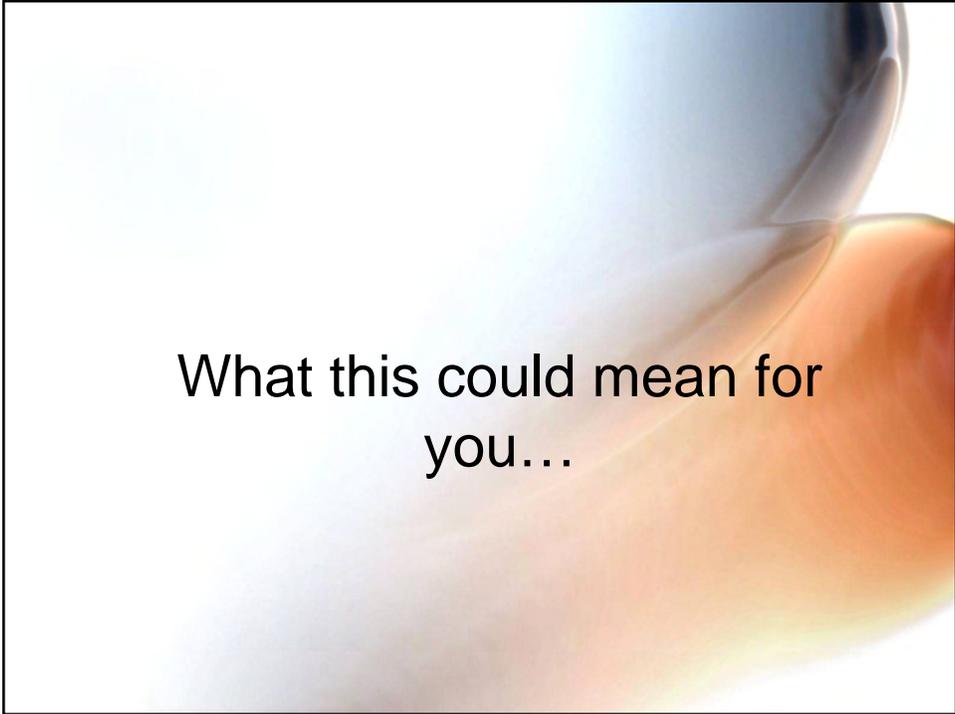


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# Organizational Level



© NICWA 2001



What this could mean for  
you...

## An approach to service delivery

- Systems of care is more than a federal program — it is a philosophy of how care should be delivered.
- Systems of care is an approach to services that recognizes the importance of family, school and community, and seeks to promote the full potential of every child and youth by addressing their physical, emotional, intellectual, cultural and social needs.
- It is meant to be adapted to the culture of the community, and the tribal grantees have felt it is consistent with traditional approaches to helping
- Can also function as a framework for suicide prevention

## Ideas that may seem familiar...

- Since systems of care is a WAY of working together to help children and families that would otherwise fall between the cracks, you can begin implementing the concepts now to begin system change
- Learn from other Indian communities about how they have developed a system of care approach that was built on their Native culture
- Everyone working together to meet the needs of the community is a traditional cultural value that can be reinforced through this approach

## Technical Assistance Centers for Current Grantees

- The National Indian Child Welfare Association
  - (Dolores Jimerson)
  - [www.nicwa.org](http://www.nicwa.org)
- The Circles of Care Evaluation Technical Assistance Center
  - (Candace Fleming)
  - [www.uchsc.edu/ai/coc](http://www.uchsc.edu/ai/coc)
- These Centers may be able to provide you with contact information for current grantees for linking and networking.

## Technical Assistance Resources for the general public

- National Technical Assistance Center for Children's Mental Health (Georgetown University)
  - [http://gucchd.georgetown.edu/programs/ta\\_center](http://gucchd.georgetown.edu/programs/ta_center)
- SAMHSA System of Care website
  - <http://www.systemsofcare.samhsa.gov/>
- Bazelon Center (info exchange on funding issues)
  - <http://soctalk.bazelon.org/>

## Thank You.

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